

# Cincinnati Recreation Commission

## *2005 Southwest Ohio Senior Olympics Annual athletic competition for women and men ages 50 and older*

### ***Senior Olympics Kickoff***

Friday, March 4<sup>th</sup>, 2005 9am~Noon

College Hill Recreation Center • 5545 Belmont Avenue

Join us for a morning of Workshops and Hands on Clinics to get your body moving and ready for this years events. All Events are free to all 50 and up. Everyone is welcome so bring a friend or neighbor.

#### Workshops and Clinics Scheduled

- |          |  |
|----------|--|
| 9:00am   | Racewalking 101<br>Heart Healthy Eating  |
| 9:30am   | Strength Training With Weights   |
| 10:00am  | Strengthening and Balance in Sports I<br>Sports Nutrition  |
| 10:30am  | Basketball Shooting<br>Strengthening and Balance in Sports II  |
| 11:00am  | Therabands for Exercise<br>Table Tennis Skills   |
| 9am~Noon | Free 10 Minute Golf Lessons<br>Bring your 7 iron or we will have one<br>Please Call (513)421-5222 to sign up for times |
| 9am~Noon | On-site Registration for All Events<br>Save that stamp, and register at the Kickoff!                                   |

### **Athlete's Social**

Wednesday, May 11, 2005

5-8pm

Relive all of your greatest Senior Olympic achievements over a delicious buffet-style dinner at Glenview Golf Course.

A presentation with photos and highlights from this year's events will be shown. Door Prizes will be given out and a cash bar will be available. Reservations are required, and space is limited to 125. \$12.00 per person must be included with your Games registration fee. Everyone is welcome!



Senior Olympics Info Line: (513) 421-5222, Fax# (513) 871-1935

Senior Olympics Email: [seniorolympics@cincyrec.org](mailto:seniorolympics@cincyrec.org)

CRC Website Address: [www.cincyrec.org](http://www.cincyrec.org)

## **New Events for the 2005 Games**

Once again we are expanding the events that we are offering for the 2005 Games. Shuffleboard players will be glad to have this event back at the Southwest Ohio Olympics. Again we are expanding the swimming events. This year we are adding a 100yd butterfly and changing the 200yd IM to the 100yd IM. So start practicing and we will see you at these new events.

# 2005 Senior Olympics Schedule of Events

Participants must arrive at least 30 minutes before each event to check in, receive pairings and warm up. All event fees listed are in addition to the entry fee and must be paid at the site. You must pre pay social event fees with your entry fee.

Directions to event venues will be included with your confirmation letter.

<u><b>Date/Time</b></u>	<u><b>Event and Venue</b></u>	<u><b>Date/Time</b></u>	<u><b>Event and Venue</b></u>
<b>Friday, March 4</b> 9am – Noon	<b>Senior Olympics Kick Off</b> College Hill Recreation Center 5545 Belmont Avenue	<b>Thursday, April 21</b>  9am 11am	<b>Racquetball</b> Blue Ash YMCA 5000 YMCA Drive Men & Women 50-64 Men and Women 65+
<b>Saturday, April 2</b> 9 am	<b>Cycling – 20K</b> Mt. Airy Forest (Colerain Entrance) No fixed gear bicycles Approved cycling helmets required	<b>Saturday, April 23</b>  10am 11am	<b>Basketball</b> College Hill Recreation Center 5545 Belmont Avenue Free Throw Spot Shot 3 on 3 games will immediately follow the spot shot. Team captains must use the roster provided.
<b>Sunday, April 3</b>  9am 11am	<b>Table Tennis</b> Xavier University's Schmidt Fieldhouse Men and Women – 50-64 Men and Women – 65+ Provide your own paddle. No white or yellow shirts allowed. USATT rules apply.	<b>Monday, April 25</b> 9am or Noon	<b>Bowling – Singles - \$5.00</b> Colerain Bowl 9189 Colerain Avenue
<b>Tuesday, April 5</b>  10am 11am	<b>Shuffleboard</b> Evendale Recreation Center 10500 Reading Road Men and Women - 65+ Men and Women - 50-64	<b>Tuesday, April 26</b>  9am Noon	<b>Bowling – Doubles - \$5.00</b> Colerain Bowl 9189 Colerain Avenue Doubles – Men and Women Mixed Doubles
<b>Tuesday, April 7</b> 10am	<b>8 Ball Pool - \$ 4.00</b> Rack and Roll Billiards 2176 Anderson Ferry Road	<b>Wednesday, April 27</b>  10am Noon	<b>Horseshoes</b> Moose Lodge 8944 Colerain Avenue Men and Women 50-54 and 70+ Men and Women 55-69 You must bring your own horseshoes.
<b>April 7 – April 19</b>	<b>Tennis - \$12.00/Court</b> Colonial Racquet Club 1575 Goodman Avenue Players will be notified of match times in advance. You may play up to two matches in one day. Each player/team must provide their own racquets and a new can of USTA approved balls.	<b>Friday, April 29</b>	<b>Softball (Rainout date – May 2nd)</b> Farwick Fields Miamitown, Ohio Separate registration and fee required. Team managers call 513-421-5222 for more information.
<b>Saturday, April 9</b> 9am	<b>Pert+ 10K Road Race</b> Lunken Airport Bike Path Separate Registration Fee Required Call (513)421-5222 for instructions	<b>Saturday, April 30</b> 9am	<b>Cycling – 1 mile, 5K, 10K</b> Mt. Airy Forest (Colerain Entrance) No fixed gear bicycles Approved cycling helmets required
<b>Saturday, April 9</b>  9am 11am	<b>Badminton - \$3.00</b> Bond Hill Recreation Center 1501 Elizabeth Place Singles – Men & Women 60-69 Singles – Men & Women 50-59, 70+ Doubles will follow singles. You must provide your own racquet. No White Shirts.	<b>Sunday, May 1</b>  8am 9am	<b>Swimming – Short Course</b> Mason Community Center 6050 Mason-Montgomery Road Warm up Begins Events Begin
<b>Saturday, April 16</b> 10:00am	<b>Run For La Rosa 5K Road Race</b> Coney Island Separate Registration Fee Required Call (513)421-5222 for instructions	<b>Sunday, May 1</b>	<b>Flying Pig Marathon</b> Separate Registration Fee Required Call (513)721-PIGS(7447)
<b>Sunday, April 17</b>  9 am 11 am	<b>Volleyball</b> GE Park 1210 Princeton Pike Men 70+ and all women Men 50-69 Team Captain must use the roster provided with this packet.	<b>Wednesday, May 4</b>  8am 9am - 1:00pm Noon	<b>Golf</b> Glenview Golf Course 10965 Springfield Pike You must complete the Golf Entry information on the registration form. Tee times will be mailed to you. 18 holes, \$33.50, cart included Chipping 9 holes, \$12.00 walk, \$18.25 cart
<b>Tuesday, April 19</b> 10am	<b>Rowing</b> Cincinnati Recreation Commission Rowing and Fitness Center 925 Eastern Avenue In the boathouse below Montgomery Inn	<b>Saturday, May 21</b>  9am – Noon 11am – Noon 1:00pm	<b>Track and Field</b> La Salle High School 3091 North Bend Road Open Pit High Jump Track Events

# 2005 Senior Olympics General Information

## How to Register

1. Complete BOTH sides of the registration form.
2. Sign the Liability Waiver/Photo Release
3. Make check or money order for total amount owed (do not include on-site fees) to:  
Cincinnati Recreation Commission.
4. Send your registration and fees to:  
CRC/Senior Olympics  
805 Central Avenue, Suite 800  
Cincinnati, Ohio 45202
5. Allow enough time for your registration to arrive in the Senior Olympics office no later than March 28, 2005.

## Eligibility Requirements

- Age:** All athletes must be 50 years of age by December 31, 2005  
Proof of age may be required when you check in for your event.
- Categories:** There will be separate categories for men and women in 5-year age increments as follows:  
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+.  
The Senior Olympic staff reserves the right to combine age groups for individual events when necessary.
- Awards:** Gold, silver and bronze medals will be presented to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers, male and female, in each age group for each event. **Please note... medals will not be mailed out after the games. You must receive your medal at the conclusion of your event.**

## Friendly Reminders

- x Registration forms and fees are due postmarked no later than March 18, 2005. We will accept late registrations up until March 28, 2005 for an additional \$5.00.
- x Fees are non-refundable
- x No onsite registration for events.
- x You must accept the T-shirt size that you order.
- x Volleyball and Basketball team captains must complete their roster and send it in by the date indicated for their sport. It is the responsibility of the captain to assure that each team member has completed a registration form and paid the fees in order to be eligible to participate.
- x Softball team managers must register their team directly through the Tournament Director by March 20, 2005. Managers should have received a tournament packet in the mail. To request a packet please call (513)421-5222 or Community Services West at (513)353-3011. A team fee will be charged in lieu of individual registration. It is not necessary for players to register via this form unless they will be participating in other events in addition to softball.
- x Doubles players must list their partner's name on his/her registration form in the space available. Confirm your entry with your partner before registering.
- x Please limit yourself to 7 Track and Field events.
- x Please limit yourself to 8 Swimming Events
- x Medals will not be mailed; you must accept them in person at the conclusion of your event.
- x If you have any questions please call the Senior Olympics information line Monday – Friday during business hours at (513)421-5222.

## 2005 Southwest Ohio Senior Olympics

### TEAM GUIDELINES

1. Team rosters must be completed correctly, signed by the team captain and returned to the Senior Olympics office at 4745 Playfield Lane, Cincinnati, Ohio 45226 by the following dates: **Basketball 4/15/05, Volleyball 4/8/05.**
2. **Softball** team managers must contact the Senior Olympic office as soon as possible at (513)421-5222 to register for the 6th Annual Tim Naehring Softball Classic. Registration deadline for softball is March 20, 2005. Athletes who will only be playing softball and not participating in any other Southwest Ohio Senior Olympic event need not complete this registration form. Please see the event listings for more details.
3. Teams must be of all one gender.
4. All players must complete a registration form and pay all applicable fees to be eligible for team play.
5. All team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
6. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2005.
7. Teams must provide their own equipment including practice balls, scoring bases, bats and numbered uniform shirts.
8. Athletes may compete with only one team per sport.

### Format

If team numbers are conducive, teams will be divided into pools within their age division. Within each pool a single round robin tournament will be played. At the conclusion of the round robin, winners will advance and play a single elimination tournament. If entries are not conducive, a double elimination tournament will be played within the age divisions.

**The Southwest Ohio Senior Olympics reserves the right to combine age groups in the event that there are too few entries in any one age group. Medal rounds will be played first before inter-age group play begins. We cannot guarantee any certain number of games due to the uncertainty of team registration.**

If you would like to request a copy of the rules for a specific team sport please call 513-421-5222.

### Captains please read the following:

I have read the Guidelines above and agree to abide by the rules set forth by the governing body of the Southwest Ohio Senior Olympics and the National Senior Games Association.

Signature: \_\_\_\_\_

**\*Complete other side with team information and roster**

# 2005 Senior Olympics Personal Information

Name: \_\_\_\_\_  
PLEASE PRINT NEATLY Last First MI

Address: \_\_\_\_\_  
Street Address  
City State Zip

Email: \_\_\_\_\_

Phone: \_\_\_\_\_  
Home Other

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

## Fees

Registration Fee	Postmarked by March 18	\$15.00	\$ _____
Late Registration Fee	Postmarked by March 28	\$20.00	\$ _____

Athlete's Social \_\_\_\_\_ x \$12.00 \$ \_\_\_\_\_

T-Shirt ☐ M ☐ L ☐ XL ☐ XXL \$ FREE

Voluntary Donation \$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

### Please make checks payable to: Cincinnati Recreation Commission

Mail all completed and signed forms with entry fee to: Cincinnati Recreation Commission  
Attn: Senior Olympics  
805 Central Avenue, Suite #800  
Cincinnati, Ohio 45202

## Liability Waiver / Photo Release

The entry form is not complete until you have read and signed this waiver.

In consideration of the granting of the request to enter the Senior Olympics, I, for myself, my heirs, executors and administrations waive and release any and all claims of damages I may have against the Cincinnati Recreation Commission, its agents and employees: sponsors, their agents, officers and officials, for any care rendered to me by their employees or agents during my participation in the Senior Olympics of 2005; and any and all participating sponsors and supporters for all claims of damage, demands, actions whatsoever, in any manner, as a result of my participation in said Senior Olympics. I attest and verify that I am physically fit and have sufficiently trained for the competition of this/these event(s) and a licensed medical doctor has verified my physical condition.

Furthermore, I hereby give and grant to the Cincinnati Recreation Commission, its successors and assignees and those acting under its permission and upon its authority, my consent for all purposes to the sale, reproduction and/or use of photographs of me (with or without the use of my name) by the photographer and in all forms of media and in all manners, including editorials, advertising, trade, display, art and exhibition.

In giving this consent, I release the photographer, his/her nominees and designees from liability for any violation of any personal or proprietary right I may have in connection with such sale, reproduction or use of my photographic likeness.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

# 2005 Southwest Ohio Senior Olympics - Official Event Registration Form

Please read all instructions carefully and complete both sides of this form.

Use BLACK INK and write neatly. Place an **X** in the boxes of those events you wish to enter.

**Events with a\* require an additional fee to be paid by each athlete at the time of competition.**

## Badminton\*

- 1 ( ) Singles  
2 ( ) Men's Doubles  
Partner \_\_\_\_\_  
3 ( ) Women's Doubles  
Partner \_\_\_\_\_  
4 ( ) Mixed Doubles  
Partner \_\_\_\_\_

## Basketball

- 5 ( ) Free Throw  
6 ( ) Spot Shot

## Bowling\*

- 7 ( ) Singles 9am } Choose  
8 ( ) Singles 12pm } Only One  
9 ( ) Men's Doubles  
Partner \_\_\_\_\_  
10 ( ) Women's Doubles  
Partner \_\_\_\_\_  
11 ( ) Mixed Doubles  
Partner \_\_\_\_\_

## Cycling

- 12 ( ) 1 Mile  
13 ( ) 5 Kilometers  
14 ( ) 10 Kilometers  
15 ( ) 20 Kilometers

## 16 ( ) Eight Ball Pool\*

## 17 ( ) Horseshoes

## 18 ( ) Racquetball

## Road Races\*

Additional registration & fee required. Call (513)421-5222 for info.

- 19 ( ) 5K Run-Run For LaRosa  
20 ( ) 5K RWalk-Run for LaRosa  
21 ( ) 10K Run-Pert +  
22 ( ) 10K RWalk-Pert +  
23 ( ) Marathon-Flying Pig

## 24 ( ) Rowing

## 25 ( ) Shuffleboard

## Swimming

You may choose up to 7 events

- 26 ( ) 200 yd Freestyle  
27 ( ) 50 yd Butterfly  
28 ( ) 200 yd Backstroke  
29 ( ) 100 yd Breaststroke  
30 ( ) 50 yd Freestyle  
31 ( ) 100 yd IM  
32 ( ) 50 yd Backstroke  
33 ( ) 100 yd Butterfly  
34 ( ) 100 yd Freestyle  
35 ( ) 50 yd Breaststroke  
36 ( ) 100 yd Backstroke  
37 ( ) 500 yd Freestyle

**NO ON-SITE  
REGISTRATION**

## Table Tennis

- 38 ( ) Singles  
39 ( ) Men's Doubles  
Partner \_\_\_\_\_  
40 ( ) Women's Doubles  
Partner \_\_\_\_\_  
41 ( ) Mixed Doubles  
Partner \_\_\_\_\_

## Tennis\* \$12.00/court

- 42 ( ) Singles  
43 ( ) Men's Doubles  
Partner \_\_\_\_\_  
44 ( ) Women's Doubles  
Partner \_\_\_\_\_

## Track & Field

You may choose up to 8 events.

- 45 ( ) 100M Dash  
46 ( ) 200M Dash  
47 ( ) 400M Run  
48 ( ) 800M Run  
49 ( ) 1500M Run  
50 ( ) 1500M Racewalk  
51 ( ) Discus  
52 ( ) Javelin  
53 ( ) High Jump  
54 ( ) Long Jump- Run  
55 ( ) Long Jump- Stand  
56 ( ) Shot Put  
57 ( ) Football Throw  
58 ( ) Softball Throw

## Golf Entry Information\*

Greens fees must be paid at Neuman Golf Course upon check in.

- 59 ( ) 9 Holes - Golf Cart ( ) Yes (\$18.25) ( ) No (\$12.00)  
60 ( ) 18 Holes - Golf Cart required (\$33.50)  
61 ( ) Chipping

## Preferred Tee Time\*

\*We can't guarantee requested times but we will do our best to accommodate you.

Names of those with whom you wish to play \_\_\_\_\_

**Team Events:** The youngest player as of December 31, 2005 determines the age group of your team.

Entry in these events is by team only. However, each individual must complete a games entry and pay the appropriate fees. A team name and age group is required (ex. Tigers 60-64). Team captains must complete the official roster included in this packet for their team.

- 62 ( ) Men's 3 on 3 Basketball Team Name \_\_\_\_\_ Captain's Name \_\_\_\_\_  
63 ( ) Women's 3 on 3 Basketball Team Name \_\_\_\_\_ Captain's Name \_\_\_\_\_  
64 ( ) Men's Volleyball Team Name \_\_\_\_\_ Captain's Name \_\_\_\_\_  
65 ( ) Women's Volleyball Team Name \_\_\_\_\_ Captain's Name \_\_\_\_\_

**Attention Softball team managers: Call (513)421-5222 to request a tournament registration packet.**

**Attention Players: Please contact your Team Manager before sending in this registration form.**

2005 Southwest Ohio Senior Olympics  
**TEAM ROSTER**  
**TO BE COMPLETED BY TEAM CAPTAINS ONLY!**

**\*\*Softball Captains please contact the Senior Olympic Office immediately  
at 513-421-5222 for Registration and Tournament Information.**

Team Name: \_\_\_\_\_

Age Group (circle one):    50-54                  55-59                  60-64                  65-69                  70-74                  75+

Event (circle one):                  Basketball                  Volleyball

Team Captain: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Day phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_

**Basketball**                  10 player maximum with 1 out of state player

**Volleyball**                  15 player maximum with 3 out of state players

Age divisions for all teams will be determined by the age of the youngest team member as of December 31, 2005.

**Please Print Clearly!**

	Name	Age	Phone	Shirt #	Office Use
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

**\*Please complete other side**